Circuit of North York Moors - 9-11th Nov 2018

Actual Times and Distances Run

LEG	DAY	FROM	TO	ACTUAL TIME OUT #5	ACTUAL TIME IN #5	Running Time (mins) #5	STOP TIME (mins) #5	TOTAL TIME (Hours)	LEG MILES	TOTAL MILES	PACE M.P.H.	RUNNERS Jon Kinder	Bryan Carr	Mat Tomlinson	Mark Fowell	Todd Coxhead	Rob Turner	Mark Rogerson	Andy Swift	Robin Carter	Yvonne Turner	Jon Leek	Bill Southgate
Tabular Hills Walk																							
T1	Fri	Scalby Ness	Mowthorpe Bridge	06:43	07:34	51	1	0.87	4.6	4.6	5.41	X	X	X	X	X		X					
T2	Fri	Mowthorpe Bridge	Cockmoor	07:35	08:32	57	7	1.93	5.2	9.8	5.47	X	X	X	X	X	X		X				
T3	Fri	Cockmoor	Hole of Horcom	08:39	09:55	76	10	3.37	7.6	17.4	6.00	X	X	X		X	X	X					
T4	Fri	Hole of Horcom	Newton on Rawcliffe	10:05	11:20	75	6	4.72	6.8	24.2	5.44	X	X	X	X	X	X		X				
T5	Fri	Newton on Rawcliffe	Cropton	11:26	12:21	55	14	5.87	5.6	29.8	6.11	X	X	X	X	X		X					
T6	Fri	Cropton	Hutton le Hole	12:35	13:32	57	18	7.12	5.7	35.5	6.00	X	X	X	X	X			X				
T7	Fri	Hutton le Hole	Skiplam Grange	13:50	14:52	62	9	8.30	5.6	41.1	5.42	X	X	X	X			X					
T8	Fri	Skiplam Grange	Helmsley	15:01	16:35	94	20	10.20	6.9	48.0	4.40	X	X	X	X				X				X
Cleveland Way																							
C1	Fri	Helmsley	Hambleton Inn	16:55	18:15	80	0	11.53	7.0	55.0	5.25	X	X	X			X						
C2	Sat	Hambleton Inn (#1)	Sneck Yate	07:30	08:18	48	2	12.37	4.5	59.5	5.63	X	X	X	X	X		X		X		X	
C3	Sat	Sneck Yate	Osmotherly	08:20	09:46	86	4	13.87	8.0	67.5	5.58	X	X	X		X	X		X	X	X	X	
C4a	Sat	Osmotherly	Huthwaite Green	09:50	10:46	56	6	14.90	4.7	72.2	5.04	X	X	X	X	X		X		X	X		
C4b	Sat	Huthwaite Green	Clay Bank	10:52	12:28	76	21	16.52	6.8	79.0	5.37	X	X	X		X	X		X	X		X	
C5	Sat	Clay Bank	Kildale	12:49	14:38	109	2	18.37	9.0	88.0	4.95	X	X	X	X			X		X	X		
C6a	Sat	Kildale (#2, #3)	Roseberry Topping junction	14:40	15:25	45	0	19.12	3.7	91.7	4.93	X				X	X		X	X	X	X	
C6b	Sat	Roseberry Topping junction	Slapewath	15:25	16:25	60	18	20.42	5.1	96.8	5.10	X			X		X	X		X		X	
C7a	Sat	Slapewath	Saltburn	16:43	17:32	49	0	21.23	4.6	101.4	5.63	X								X			
C7b	Sun	Saltburn	Skinningrove	07:30	08:20	50	0	22.07	3.4	104.8	4.08	X	X	X	X			X		X			
C8a	Sun	Skinningrove	Cowbar	08:20	09:17	57	2	23.05	4.2	109.0	4.42	X	X	X	X	X	X		X	X		X	
C8b	Sun	Cowbar	Runswick	09:19	09:58	39	7	23.82	3.8	112.8	5.85	X		X	X	X				X	X	X	
C9a	Sun	Runswick	Sandsend	10:05	11:05	60	7	24.93	5.0	117.8	5.00	X	X	X	X	X	X		X	X	X		
C9b	Sun	Sandsend	Whitby	11:12	11:36	24	12	25.53	3.0	120.8	7.50	X	X		X		X	X	X	X			
C10	Sun	Whitby	Robin Hoods Bay	11:48	13:15	87	17	27.27	7.5	128.3	5.17	X	X		X		X			X	X	X	
C11	Sun	Robin Hoods Bay	Ravenscar	13:32	14:30	58	2	28.27	4.0	132.3	4.14	X				X							
C12	Sun	Ravenscar	Hayburn Wyke	14:32	15:33	61	2	29.32	5.5	137.8	5.41	X				X			X		X		X
C13	Sun	Hayburn Wyke (#4)	Scalby Ness	15:35	16:32	57	0	30.27	5.0	142.8	5.26	X			X	X	X				X		
					Hours	27.15	3.12	30.27		142.8													
			Average Pace (in miles per hour) =			5.26		4.72															

			Roseberry Topping junction to Roseberry Topping						0.6														
			Newton-under-Roseberry CP to Roseberry Topping						0.7														
			Hayburn Wyke bus parking spot to Hayburn Wyke CP						0.4														
										Individual Total miles	JK	BC	MT	MF	TC	RT	MR	AS	RC	YT	JL	BS
											142.8	111.9	106.6	97.7	92.0	76.1	54.4	62.5	87.8	53.5	43.6	12.8
Notes																							
#1	Schedule mileage excludes 2 mile out and back to White Horse on leg C2 which was omitted by all on this epic																						
#2	Schedule mileage excludes 0.6m each way from Roseberry Topping junction on main route to Roseberry Topping													X	X	X	X	X	X	X			
#3	Schedule mileage excludes 0.7m from van check point at Newton under Roseberry car park (grid ref NZ570128) to Roseberry Topping.												X	X	X		X	X		X			
#4	Schedule mileage excludes 0.4 m from van to CP ay Hayburn Wyke.											X	X	X				X				X	
#5	Recorded times are for "Team Kinder" only.																						
General Notes	Weather conditions good for November																						
		Dry above apart from a little light rain on last leg out of Helmsley on day 1 and from Whitby to Ravenscar on day 3																					
		Cool and breezy, stronger on the tops																					
		Dull on day 1 but pleasant sunny intervals on day 2 and start and end of day 3. Cleveland Hills saw the best of the sun.																					
	Generally good underfoot but coastal section of Cleveland Way a little slippy																						
	Welcome guest appearances from Bill on legs T8 and C12 to check we were obeying usual RR Harrier Epic protocols!																						